

# Diabetes and Health Risks Among Rhode Island Adults in 2007



## Rhode Island Department of Health Center for Health Data and Analysis & Diabetes Prevention and Control Program July 2008

### Introduction

This report presents data on rates of diabetes for demographic subgroups, and for twenty-four health indicators for adults 18 and older with and without doctor-diagnosed diabetes. Data is from Rhode Island's 2007 Behavioral Risk Factor Surveillance System (BRFSS).

**About the BRFSS:** The BRFSS is a telephone survey administered in all 50 states and 4 U.S. territories with funding and specifications from the Centers for Disease Control and Prevention (CDC). The BRFSS monitors the prevalence of behavioral health risks that contribute to the leading causes of disease and death among adults 18 years and older in the United States. Rhode Island has participated in the BRFSS since 1984.

**Rhode Island's BRFSS:** From January - December 2007, the Rhode Island BRFSS conducted random-digit dialed telephone interviews with 4,499 RI adults. A professional survey firm implemented the survey under contract to the Rhode Island Department of Health.

**Diabetes Definition:** Respondents were defined as having diabetes if they said "yes" to the question: "Have you ever been told by a doctor that you have diabetes other than during pregnancy?"

**Reading statistics:** This report presents bar graphs showing percentages and 95% confidence intervals (CI). Since percentages from survey data are estimates, the 95% CI indicates the range of values within which the "true" value lies 95% of the time. When two groups have 95% CI that overlap, it indicates that the "true" values are likely to be similar in both groups. If the 95% CI do not overlap, it indicates that the two groups are statistically significantly different from one another.

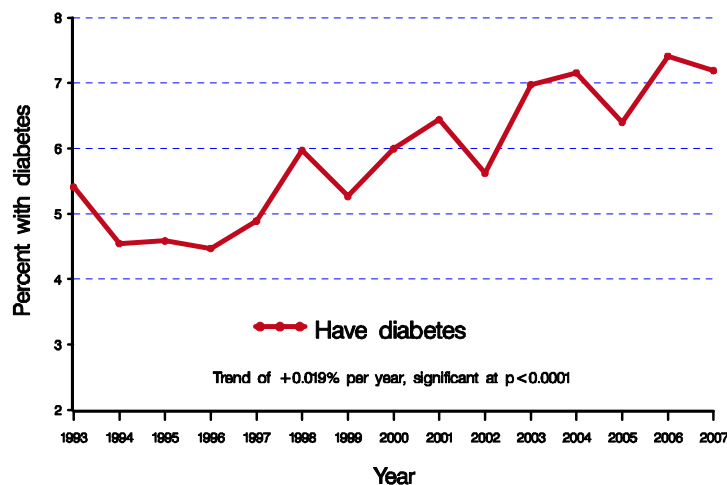
**Acknowledgements:** The RI BRFSS is funded in part by the CDC Chronic Disease Prevention and Health Promotion Programs Cooperative Agreement 5U58DP122791-05. The RI Diabetes Prevention and

Control Program is funded by the CDC Systems Based Diabetes Prevention and Control Program grant #U32/CCU122687.

**For further information:** For the Diabetes Prevention and Control Program go to <http://www.health.ri.gov/disease/diabetes/index.php>, for the BRFSS go to <http://www.health.ri.gov/chic/statistics/brfss.php>, <http://www.health.ri.gov/webquery/index.html>, <http://www.cdc.gov/brfss>, or contact the Center for Health Data and Analysis, RI Department of Health (401-222-2550).

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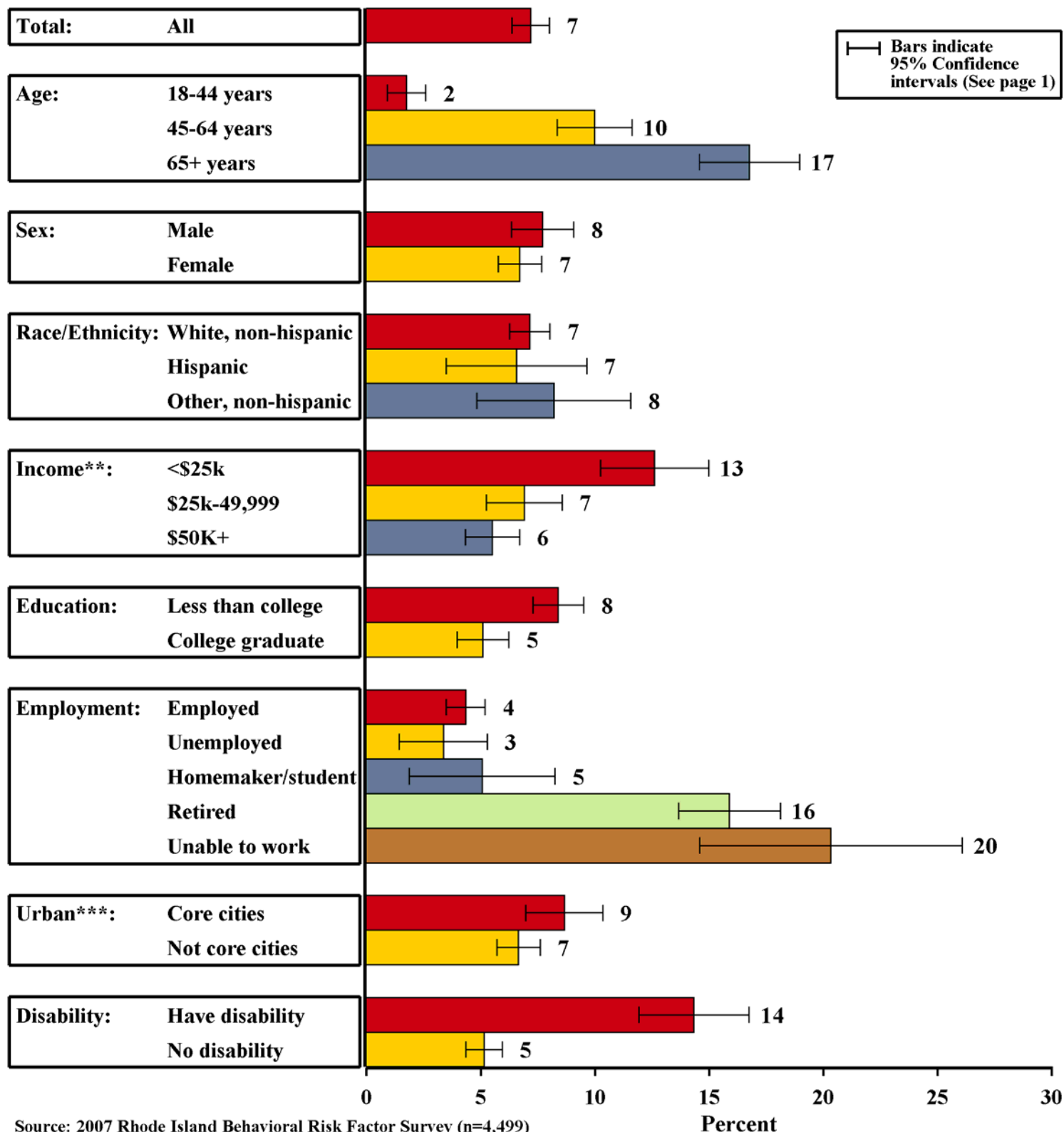
### Highlights



- ❖ There has been a statistically significant upward trend in diabetes prevalence, from 5.4% in 1993 to 7.2% in 2007. This is a 33% increase in the number of Rhode Island adults with diabetes, from about 42,000 in 1993 to about 60,000 in 2007.
- ❖ A high percentage of persons with diabetes report high blood pressure (67%), high cholesterol (61%), and/or indicators of cardiovascular disease (heart attack 16%, angina/coronary heart disease 17%, stroke 8%). (Fig 2)
- ❖ 43% of persons with diabetes report being disabled.
- ❖ More than half (53%) of persons with diabetes have never taken a class on how to manage their diabetes; 68% have not attended a diabetes education session with a health professional within the past 6 months. (Fig 3)

**Education on proper management of diabetes is vital to preventing the adverse health outcomes associated with diabetes such as cardiovascular disease and/or disability.**

**Figure 1**  
**Diabetes\* Among Rhode Island Adults**  
**(Ages 18 and older) within demographic subgroups -- 2007**



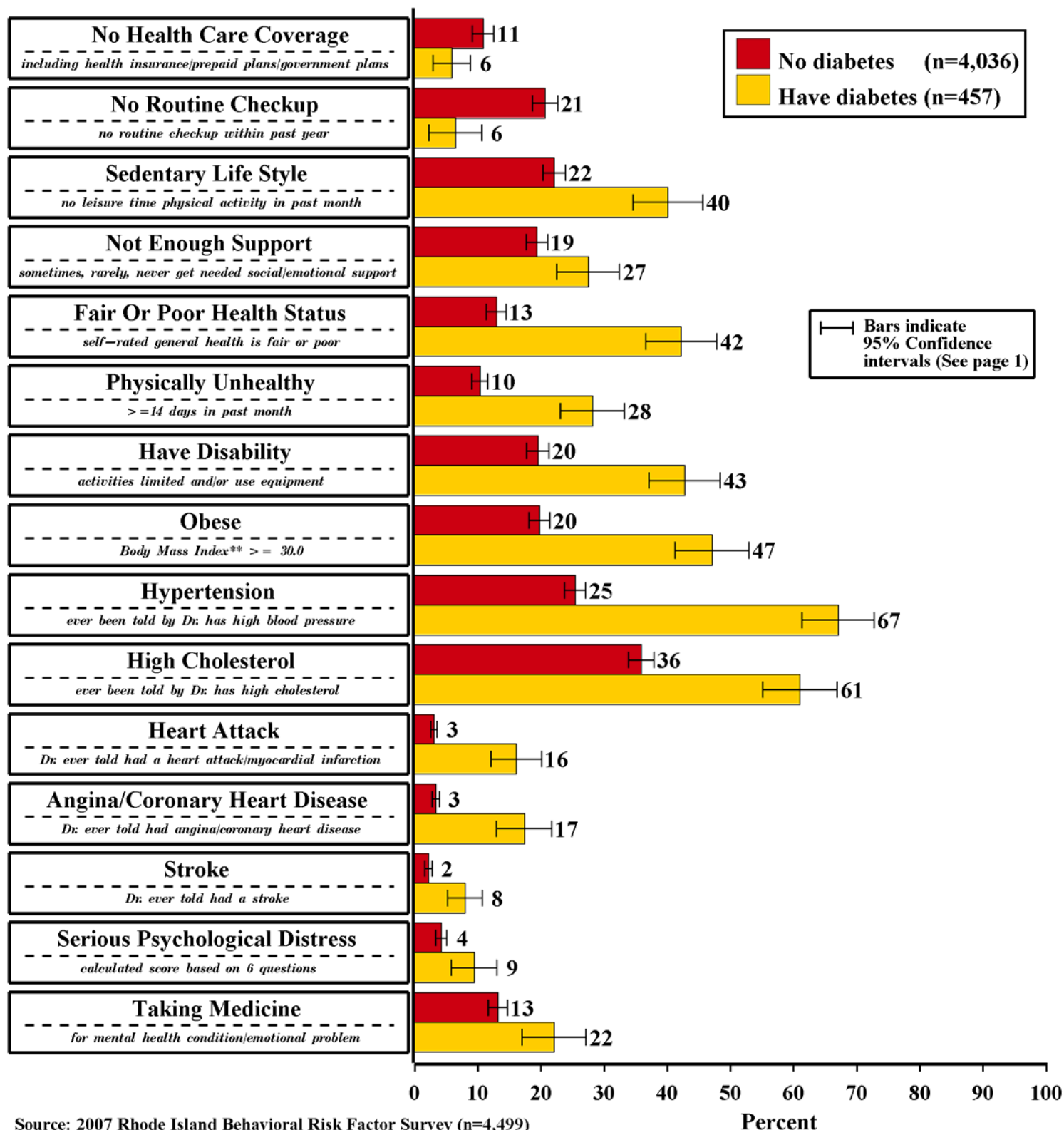
Source: 2007 Rhode Island Behavioral Risk Factor Survey (n=4,499)

\* Diabetes: Adults who have ever been told by a health professional they have diabetes, other than during pregnancy

\*\* Annual household income

\*\*\* Core cities: The child poverty rate exceeds 15% (Central Falls/Newport/Pawtucket/Providence/West Warwick/Woonsocket)

**Figure 2**  
**Health Risks Among Rhode Island Adults**  
**(Ages 18 and older) with/without diabetes\* -- 2007**



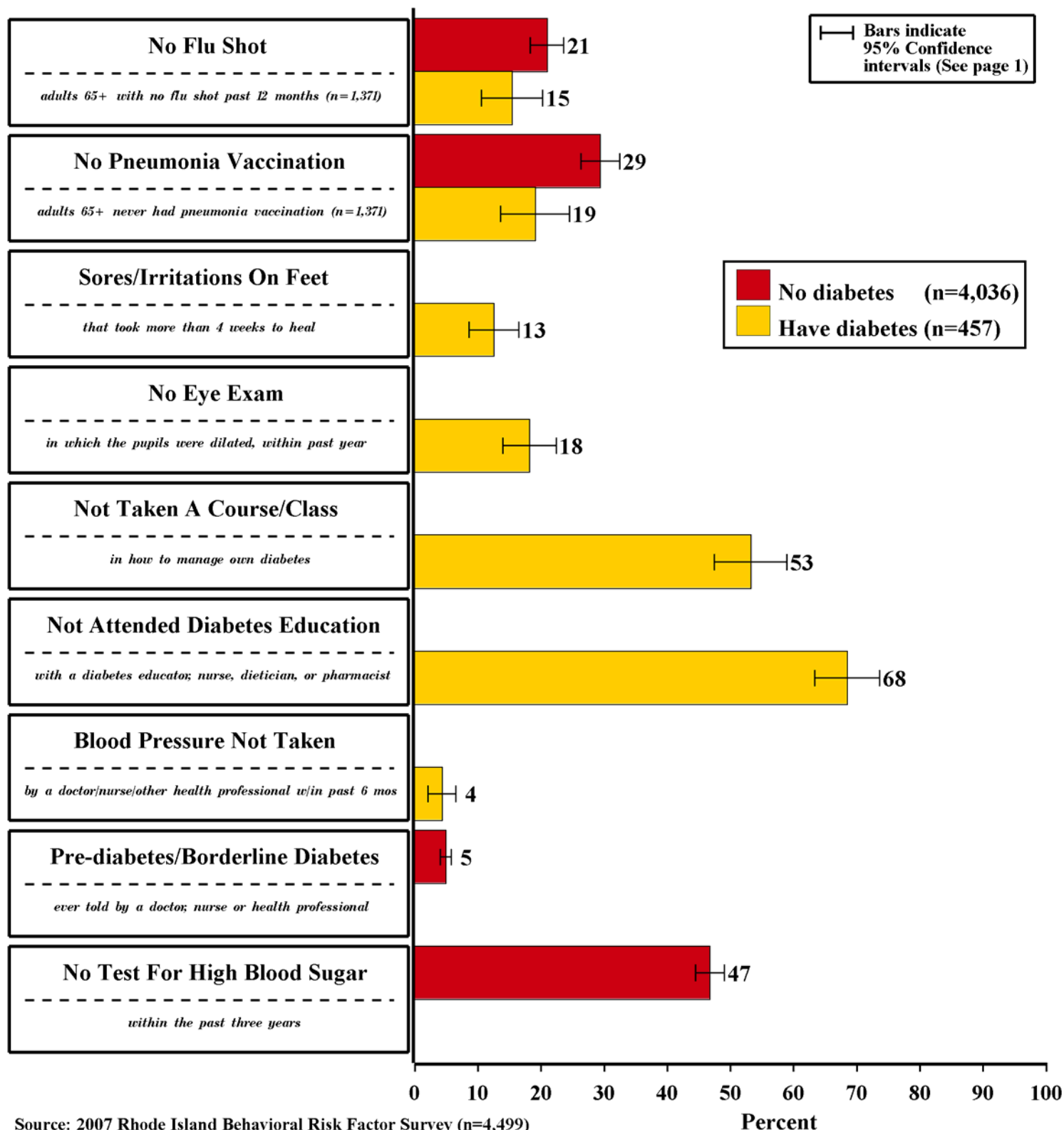
Source: 2007 Rhode Island Behavioral Risk Factor Survey (n=4,499)

\* Diabetes: Adults who have ever been told by a health professional they have diabetes, other than during pregnancy

\*\* Body Mass Index = weight in kilograms / (height in meters)<sup>2</sup>

# Figure 3

## Health Risks Among Rhode Island Adults (Ages 18 and older) with/without diabetes\* -- 2007



Source: 2007 Rhode Island Behavioral Risk Factor Survey (n=4,499)

\* Diabetes: Adults who have ever been told by a health professional they have diabetes, other than during pregnancy